

Dear School Administrator:

I am a parent in this School District and I wanted to tell you about an organization that I believe the district, particularly our Elementary Schools, could use to help our students.

**Carolyn Ruch**, is an author, speaker, and advocate for protecting children from sexual abuse. She is the founder of an organization called **Rise and Shine Movement**, whose purpose is to educate and encourage adults to talk to children about sexual abuse. Her website, [riseandshinemovement.org](http://riseandshinemovement.org), is an excellent resource for teachers, parents, and caregivers.

Mrs. Ruch has written 2 children's books called, *Ana's Song: A Tool for the Prevention of Childhood Sexual Abuse* and *Bobby Gilliam, Brave and Strong*. These books are available for purchase on Amazon or in video form for free on her website to view with children (DVDs are also available). There are discussion questions and a video for parents/caregivers, as well as, other important resources on the website.

Perhaps schools in our district, through a guidance curriculum or special assembly, have done educational programs before on this very topic. I believe Mrs. Ruch's approach, using a children's story, is an effective, age-appropriate tool schools could use to educate kids on sexual abuse prevention. The discussion questions on the website offer a supporting resource for teachers/parents to use after viewing the book. As an experienced speaker, Carolyn Ruch can also facilitate a discussion or give a presentation for parents/teachers, if you should be interested.

As a parent, I understand that this can be a very difficult topic. But statistics state that 1 out of every 4 girls and 1 out of every 6 boys will be sexually violated by their 18th birthday. 93% of those are violated by someone they know, trust, and love. It is critical to inform and educate children, at a young age, so they know what to do should they encounter it.

I hope you will view and consider using the book as part of educating the children of this School District. If you have any questions or are interested in using the resources at Rise and Shine Movement in the future, please contact Carolyn Ruch directly at [carolyn@riseandshinemovement.org](mailto:carolyn@riseandshinemovement.org).

Thank you so much for your time and support!

Sincerely,